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SUTTON & McBEE
MT. VERNON, KY.

The Council of National Defense

The whole nation is being affected by the present rapid change in business and social conditions, every locality being affected most in lines where the demand exceeds the local supply, and while the Food and Fuel Administrators are helping solve these problems, they will never be brought to normal during the war, which is as likely to last ten years as to end in one. So all the business men, farmers and laborers should unite in an effort to make the sparsely populated rural districts and small towns as nearly independent of outside supplies of food, clothing and fuel as possible and lessen the shipping of raw material out and finished products back, which congests freight traffic and to this extent interferes with the shipment of munitions of war. It is of great importance that wherever possible food be conveyed direct from the producer to the consumer.

The privilege of having an abundance of meat has been abused by our people. Many families think no meal is complete without one or more kinds of meat, when in fact we are injuring our health by excessive use of meats and at the same time helping the Kaiser.

It means much to the cause of Liberty that we eat more corn bread and thus enable this country to ship more wheat to Europe. There is more nutrition in a pound of wheat than in a pound of corn; hence more food, less bread. Corn will damage more from shipping in bulk than will wheat. European people do not know how to bake corn bread and have no mills on which to grind the corn. Bread must be baked in large quantities and far back from the front. Wheat bread will keep longer and be added than will corn bread. We

have the corn, we know how to bake corn bread and we can eat it fresh. We also have the mills on which to grind it. These are some of the reasons why we should use more corn bread than ever before.

Here in Rockcastle County we have never raised sufficient wheat for our bread. We have never known a year when earload after earload of flour was not shipped in from other counties and other states. We always buy large quantities of mill feed for our stock. We have fine opportunities to raise sheep, though we don't produce one-tenth of the wool to make our woolen clothing.

We cannot furnish money to clothe, feed, equip with arms and ammunition, transport and pay salaries to our quota of the National Army, but we can do something; we must do our best while our best young men have realized the need of winning this war and are willingly training in the art of self defense in times to come when shot and shell fill the air and liquid fire and poison gasses surround them; practicing the bayonet thrust, which means the probability of man to man warfare, and preparing to meet all the horrors of this terrible war. They are preparing to fight for their lives and our existence as a free nation, so let none of us abuse the freedom we have; let none of us be careless and think we can go on in the same old way, regardless of others less fortunate. We are all in this war; let us train and fight the battles of larger production and less consumption.

HOW TO PREVENT COROUP.

In a child that is subject to attacks of croup, the first indication is hoarseness. Give Chamberlain's Cough Remedy as soon as the child becomes hoarse and the attack may be warded off and all danger and anxiety avoided.

County Agent Robert Spence Speaks to the Farmer

CORN GATHERING.

As corn has been so badly frost-bitten in this section, it requires a great deal of care and attention for this corn. In gathering, the corn should be separated. Thoroughly matured corn should be placed in one crib and sappy damaged corn in another. It will be better to leave this corn in the field on the stalk than to put it in the crib. It will dry faster, and the moisture will evaporate from the cob much quicker if left in the field, especially on the standing stalks.

Corn has been damaged at least thirty per cent. and much care should be given to the saving of the other seventy per cent.

LIVE STOCK.

Ample provision for the sheltering and feeding of live stock for the winter should be made. All surplus stock and undesirable animals should be sold. It is very desirable, however, that the female live stock, suitable for breeding purposes, be saved at this time.

DO NOT SELL THE FAMILY COW.

This may appear to be a good time to sell the family cow, or the family dairy herd, because prices are high, and it is easy to sell; but suppose we sell? What is gained? Prices for milk and butter are high. Seems higher when we buy than we sell. Perhaps we are crossing the "Stream," referred to by Abraham Lincoln when he advised against "Swapping horses" while crossing the stream. In any case, will it not be better if the family cow and the family dairy herd are kept by those who know how to make them most productive? Butter and cream are hard to find in

Berea at this present time. It will be much harder to find in two months from now. Farmers should feed plenty and shelter well in order to have plenty of milk and butter for the family and some to spare for the towns near by.

SAVE STRAW.

In sections there is a shortage of forage. Straw stacks, especially of oats should not be wasted. Well preserved oats straw makes excellent roughage for stock, and any and all straw is worth preserving in sections where the hay crop is short or in sections where shortage exists. Straw should always be saved for bedding, feeding, and fertilizer.

POULTRY.

Our poultry should be well housed and fed this winter, because eggs are going to be high. The poultry house should be built at once. This can be built out of rough slabs, waste lumber and coffee sacks. It should be big enough for the chickens to have room to scratch during the day, or it should have a shed built on the south or south-eastern side for the chickens to scratch in or sun during the cold days of winter. Save the turnips, cabbage and small potatoes for the chickens this winter. Gather acorns, hickory nuts, and walnuts, crack them and throw them in to chickens, and let them pick out the kernels. Your reward will be more eggs for the table.

MORE HOGS AND SHEEP.

The best possible means of relieving the meat situation would be to increase the number of hogs on every farm. For the average small farmer, hog and poultry offers the most effective means of increasing the meat output at any time in the near future. A special campaign for the increasing hog production in the next twelve months is being planned and will be pushed vigorously by all of the executive forces in all the southern states. It should not be forgotten, however, that to increase the number of hogs profitably there must be ample food supply to keep them in good condition. It has been found by frequent demonstrators that the easiest and cheapest way to produce pork in the south is by furnishing a rotation of good pasture crops, such as alfalfa, crimson clover, vetch, oats, wheat, rye, barley, rape seed, followed by such grain crops as soy-beans, cowpeas, peanuts, etc. With an abundance of these crops in rotation very little corn is required to produce large quantities of pork at a very moderate cost. We must remember that the three B's are very important factors in winning the war—Beans, bread, and bacon.

[To be continued.]

CATARRAL DEAFNESS CANNOT BE CURED

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure catarrhal deafness, and that is by a constitutional remedy. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing will be destroyed forever. Many cases of deafness are caused by catarrh, which is an inflamed condition of the mucous surfaces. Hall's Catarrh Medicine acts thru the blood on the mucous surfaces of the system.

We will give One Hundred Dollars for any case of Catarrhal Deafness that cannot be cured by Hall's Catarrh Medicine. Circulars free. All druggists, 75c. F. J. Cheney & Co., Toledo, O.

FOR FLETCHER'S
CASTOR

MODESTY OR INDIFFERENCE?

I am asking—in all seriousness—whether we—of Rockcastle—are peculiar in our modesty or whether we are indifferent toward our obligations? This is an age that is breaking all precedents. Rockcastle, too, has made history, but few of us know what the others have done and still fewer outside of the county know that we have done anything. I would not have us boast, but those who have made contributions to County, State or Nation deserve some of the recognition that other, similar contributors are receiving.

The production and conservation campaigns that were made in this county were very educational, and those who were unselfish and even sacrificing in this work deserve much credit. The people throughout the county responded with a very fine spirit. The cellars, pantries and barns and cribs bear eloquent testimony that a new day has dawned.

I have heard unqualified commendation of the tomatoes that were canned by the "Club Girls" of Rockcastle, but I have heard this in private only. Most of these girls are mere children and public recognition of their efficient work would mean a challenge to their progressive best.

No other appeal that has ever been made to this county has found its way to our hearts so readily and has called forth such generous response as did the appeal for the Army Y. M. C. A. This is the biggest single investment that Rockcastle has made in young manhood. Has any other county in this Commonwealth given three times its apportionment in this work? Had Jefferson county done this, every daily paper in Louisville would have carried the news throughout the State in head lines that would have crowded the world war off of the front page.

Again, no young man from Louisville has received a commission without receiving such public recognition of merit that every reader of Louisville's daily papers feels that this Kentucky metropolis is proud of her sons. Their pictures have often found their way before the public and always a biographical sketch has told who they are. Rockcastle has some sons who have received commissions. Allen and J. H. Barnett received commissions as Captains and E. B. Thompson was commissioned Lieutenant. It is up to Rockcastle to let the rest of Kentucky know who these boys are and to let these young men know that we appreciate the honor that their efficiency has brought to them and to us.

Paducah was not slow to let others know that Mr. Rutherford gave up a big Paducah church to take an Army Y. M. C. A. secretary's place. This Mr. Rutherford is working in same Y. M. C. A. unit with E. R. Gentry from Mt. Vernon. Mr. Rutherford is only an adopted son of McCracken county, but Mr. Gentry is a native born son of Rockcastle, and Rockcastle should honor her own.

This article is not meant as a criticism of any one individual, but is intended for all of us to the extent that we are guilty. I ask again, very seriously, have we not an obligation about which we have been too modest or toward which we are unpardonably indifferent?

H. T. YOUNG.

CHAMBERLAIN'S COUGH REMEDY.

This is not only one of the best and most efficient medicines for coughs, colds and croup, but is also pleasant and safe to take, which is important when medicine must be given to children. Many mothers have given it their unqualified endorsement.

FOR FLETCHER'S
CASTOR

Catarrh and Bronchitis

and Cold
in the
Head
Recommend
PE-RU-NA

Those who object to liquid medicines can secure Peruna tablets.

Mrs. Rosa A. Kiss, 313 Clinton Place, Kansas City, Missouri, writes: "I was very sick with Catarrh and Bronchitis. I also had a cold in the head. I used Peruna and am well pleased with the results. It has done me a great deal of good. I do not need any other medicine. I can cheerfully recommend it to any one who is troubled with catching cold frequently or any one who has a chronic cough or chronic catarrh. Those wishing further particulars concerning my case may write me. Be sure to enclose a stamp and I will answer."

R. H. MILLER

LEADING
DRUGGIST
Mt. Vernon, Kentucky

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if you need anything
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Prescription Work a Specialty

PHONE

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A Square Deal



may always be expected from a square dealer. We deal in Squares and every other essential for Carpenter. And the Tools we sell are on the square, accurate, strongly made and of the very best and most reliable materials. All trades supplied with all necessary Tools. Also, we carry general Hardware lines of the best qualities at the most satisfactory prices.

C. C. COX

Mt. Vernon,
Ky.

Opposite
Court House

This Difference

"Well, George," said the president of the company to old George, "how goes it?"

"Fair to middlin', sir," George answered as he continued to curry the old horse. "I'm an' this here boss," George said, "has worked for your firm sixteen years."

"Well, well," said the president, "I suppose you are both pretty well thought of."

"I'm," said George, "the both of us was took sick last week, and they got a doctor for the boss, but they just docked my pay!"

George oughtn't to complain. The company paid him each day for his work? They fed the horse every day for his work. The horse knew nothing and could do nothing but eat his oats as they were given him. He had no way to prepare for the future.

But it was different with George. He had the advantage of mind—the advantage of laying away each day for sixteen years a little bit to take care of him when he was sick or laid off.

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